



GRILLED ASPARAGUS AND SHRIMP QUINOA SALAD WITH LEMON VINAIGRETTE

Grilling brings out the flavor in fresh vegetables like asparagus. Add shrimp, quinoa, and refreshing lemon vinaigrette, and you have a delicious and quick spring or summer salad.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

- 2 cups fresh asparagus, large spears, cut into 1" pieces
- ½ yellow or red bell pepper, cut into ½" pieces
- 1 clove garlic, minced
- 1 14 oz can quartered artichoke hearts, drained
- 12 oz fresh or frozen jumbo or large raw shrimp, peeled and deveined
- 1½ cups dry quinoa, cooked according to directions
- Lemon Vinaigrette, divided**
 - 3 tbsp fresh or bottled lemon juice
 - 1 tsp grated lemon peel (optional)
 - 3 tbsp olive oil
 - 1 tsp Dijon mustard
 - ½ tsp dried thyme leaves
 - ½ tsp ground black pepper

DIRECTIONS:

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about ⅓ of the vinaigrette (about 3 tbsp) and toss.
5. Spread shrimp-vegetable mixture over hot grilling tray.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is an opaque color (about 5-6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette.

Serving Suggestions:

Serve with 8 oz (1 cup) non-fat milk and ¾ cup red grapes.



Food Group Amounts

Dairy	--
Fruits	--
Vegetables	1¼ cup
Grains	2½ oz
Protein	2½ oz

Nutrition Facts

Serving Size (334g)
Servings Per Container

Amount Per Serving

Calories 460 **Calories from Fat 140**

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 420mg **18%**

Total Carbohydrate 51g **17%**

Dietary Fiber 7g **28%**

Sugars 6g

Protein 29g

Vitamin A 15% • **Vitamin C 90%**

Calcium 10% • **Iron 35%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Submitted by Produce For Better Health Foundation



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